RECOVERY **TIPS**

Training
is nothing
more than "**stress,
recovery, and repetition**."
Our restless and ambitious
minds simply can't seem to accept the
"recovery" portion.
Rob Taylor – Runner's World

Recovery is the time required for the repair of damage to the body caused by training or racing. It allows the renewal:

- of energy-producing enzymes inside muscle fibres,
- of carbohydrate stores in muscle cells, and
- of the body's endocrine and immune system.

Linda Doke - Journalist and elite ultra-distance trail runner

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SPORT PHYSIOTHERAPY

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4 Tips on Recovery

SLEEP
- Cheapest form of recovery; it is free
- Most underrated
- 7-9 hours per night

NUTRITION
- Almost equal in importance to sleep
- Eat now or pay later
- Adequate nutrition to build up glycogen stores, as well as for repair to muscle
- Eat protein 20-30 minutes after exercise

HYDRATION
- Drink in response to thirst
- Start off 100% hydrated

ACTIVE RECOVERY
- Not your primary discipline, do something novel
- Stretching
- Deep breathing increases the return of blood to your heart

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WITH **FREEDOM** COMES **RESPONSIBILITY**…

Your body needs a stable base from which to function and will achieve this by whatever means available.

It can either be done by stabilising with your core or fixating with your mobilisers. When using fixating as a stability strategy, your trunk becomes rigid and you start changing your movement patterns. The joints in your spine are used less and become painful, due to lack of movement. You also lose flexibility, which increases your risk of injury.

Think of Tupperware vs Melamine – both are forms of plastic, but which one will survive a fall from the first storey?

PRACTICE DOES NOT MAKE PERFECT, PRACTISING PERFECTLY MAKES PERFECT

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Exercises

Disturbance exercises (OTIS)

These exercises activate your core/stabilising muscles		
• Tie the middle of a Theraband onto a door at the level or your hands. • Hold the ends of the Theraband in either hand. • Pull the Theraband slightly towards you to give resistance.	• Pull the Theraband back and forth in little oscillations (movements). • Do this exercise in four positions: facing the door, with your back toward the door, with left and right shoulder towards the door	• Stand on your knees • Stand on one knee with the other knee bent up • Standing on both feet • Stand on an uneven surface (pillow) on both legs • Stand on one leg • Stand on one leg on an uneven surface

	Starting position	Action	Progression
LEG LIFTS	Lie on your back with your legs bent, feet resting lightly on the floor. Stabilise your pelvis (pull your navel to your spine)	Lift your one leg off the floor, keeping your knee bent, while keeping the other foot on the floor. Repeat on other side. Repeat 10 times	• Sit on a chair • Sit on a ball • Stand
LEG DROPS	Lie on your back with your legs bent, feet resting lightly on the floor. Stabilise your pelvis (pull your navel to your spine)	While breathing out, drop your one leg to the side, keeping the other still. Breathe in, and bring it back to neutral while breathing out.	
LEG SLIDES	Lie on your back with your legs bent, feet resting lightly on the floor. Stabilise your pelvis (pull your navel to your spine)	While breathing out, straighten out your one leg, sliding the foot on the floor and keeping the other still. Breathe in, and bring it back to neutral while breathing out.	

NB! • Alternate left and right • Do not arch your back, or push out your tummy

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TRAIN **SMARTER** NOT **HARDER**

South Africans are known to over-train… if we have a bad day, it is because we did not train enough and we plan even harder sessions for the next week.

In most cases under-performance is related to over-training or better said – under-resting! Your body prepares itself to be able to meet your expectations on the days you rest.

If you do not allow your body time to recover and prepare for the next session of training, you will most probably end up with an overuse injury.

Overuse injuries takes a long time to heal, because it is only when all your adaptive strategies fail that you start experiencing problems.

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Principles

7-4-2 (Dr Craig Ranson)
You can train 7 days a week, no more than 4 times in one discipline and never more than 2 days back-to-back of the same discipline.

10 % RULE
Training load consists of 3 inter dependant factors – time, distance and intensity. When increasing your training, never increase it by more than 10% per week. Take into account the fact that, if you run faster (intensity), your distance will increase, even if training sessions stay the same length of the session the same. If you increase one, drop another factor down and slowly increase that factor again.

VARIETY IS THE SPICE OF LIFE
The ideal is to participate in more than one discipline to help limit overuse injuries – both to the body and the mind. Boredom/manual mode plays a role in injuries, as your brain does not have to think anymore to complete an activity. Vary your training sessions within the same discipline – speed work, speed endurance, LSD (Long, slow distances), power sessions and intervals.

IDENTIFY YOUR MAIN EVENT, THEN PLAN YOUR CALENDAR AROUND IT.
We cannot have one long continuous racing season; your year has to be divided into sections that culminate in "your race" for the year. Divide your year into cycles, consisting of base/strength training, speed and endurance training and race conditioning. There are different models available, but you cannot race all the time. In the month after "your race", do minimal training, reducing the load. Do some other form of exercise 2-3 times per week. This allows for adequate recovery of both body and mind and a carry-over of fitness into the next training year.

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